THE RECOVERY KERNEL

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THE ADDICT VIRGIN PROBLEM

Wetin make dem build dis evidence base for anoda person?

And wetin dis interventions dey look like when dem build am for you?

INCLUDING DI NOOTROPIC STACK WEY DEM LEAVE OUT - AND SUPPOSE TO INCLUDE AM.

Every advice wey dey inside di normal book about recovery don build on people wey no get wetin you get.

Yoga na for people wey dey sober. Meditation na for people wey dey stress, but no don spoil completely. Exercise na for people wey get small addiction, or just start to dey sober. Dis no be exercise for people wey don use methamphetamine for ten years.

Dis dokument na true-true version. E don write for pesin wey sistem don spoil. Di tins we go do don change to fit di way things dey for am. Nootropics wey dem no put before, now don dey inside. Time wey e go take don change to match wetin person dey deal wit.

I. Di "Addict Virgin" Problem – How to Spot di Mistake for di Information.

◆ Di standard tins wey dey support people wey dey recover, dem build am based on di wrong set of people and for di wrong purpose.

Dis study dey talk say "yoga reduce cortisol and improve prefrontal function for people wey dey recover from addiction." But di people wey dem use for di study fit be one of dis tins:

* People wey dey under stress but no get any addiction.
* People wey get mild to moderate addiction, and don stop for 60-90 days, without any other treatment besides stopping.
* People wey dey inside structured inpatient program, and dem dey receive food, good sleep, and social support at di same time — so e hard to know if na yoga cause di change.

Dis persin no be one of dem: di person wey don use heavy methamphetamine for 10 years, GHB everyday for 3 years, don overdose 5 times and need intubation, get serious damage to dopamin system, dey feel nothing good again (anhedonia), and brain small pass normal. Di persin go yoga class afta 30 days wey dem stop di drugs, but dia body no fit produce di happiness wey make person want continue do yoga.

Dis study no dey study dat person. Di recommendation for dat person na based on calculation from data wey no include am. Dis no be scientific fraud; na just di normal problem wey research get when dem study people wey easy to reach (people wey dey okay, wey agree to participate, and wey dey medically stable), but den pipo go use di result for people wey hard to reach (people wey dey serious trouble, wey no sabi control demself, or wey body don spoil). Di problem na real, and e matter plenty when we dey decide wetin to advise and how long e go take.

Di Addict Virgin evidence base assume say:	The pesin wey dey recover from serious addiction don get:
One system wey dey give brain joy from good tins wey you do. Yoga don make you feel good because di body get enough serotonin, endorphin, and parasympathetic reactions even before you start.	Sirius anhedonia – Downregulation of D2 receptors mean say di normal joy wey person dey feel from good tings don disappear or no dey at all. Yoga fit no give you any feeling for weeks. No bad, but also no good. Na like empty space where joy suppose dey.
Motivashon wey dey kam from inside, and wey fit last for long. Di pesin go kontinue di tings dem bikoz dem make am feel beta. Di benefit na di tin wey mek am keep doing am.	Motivayshọn wey need outside help because di body no fit dey motivat am self. Person wey no feel anytin from yoga for week 1, e go stop for week 2 because di brain no get anything wey go make am continue.
Proprioceptive-motor sistem wey don dey tune to di normal state. Your body go feel like your own self while you dey do am. Di movement go dey natural and well-coordinated, dependin on wetin you dey practice.	One tachyon sistem wey don dey calibrate to di substance state. Body wey dey sober go feel strange. Movement wey person dey do when e dey on substance, if e try do am when e sober, e go feel wrong, hard, or like sometin wey e no know.
Social comfort for people wey dey inside group. Di yoga klas na one good place wey support di people and make dem feel comfortable wit each oda.	High level of worry and shame, especially when di person dey struggle wit sometin' wey oda people for di group fit do easily. Di yoga class fit make am feel like e dey fail publicly.
Timeline wey dey work well, based on di people wey dey study: "8 wik of yoga fit reduce korstisol wey you fit see." Dis correct for di group wey dem study.	Dis timeline fit dey long, maybe 2-3 times longer, for people wey system don tire well-well, before dem go get di same result. Di information about how cortisol

	reduce for 8 weeks no lie; na just say e no correct for di condition of dis group of people from di beginning.

Di problem wey fit happen: Di persin wey dey serious addiction try do yoga for three weeks, no feel anytin, kon tok say yoga no work for am, and add dis to di list of tins wey don fail. Dis make am tink say notin go work for am again, so e stop. Di study wey show say yoga dey work no do on dis persin. Di data bias fit predict dis problem. But di persin feel say e be im own fault.

1.1 — Di "Half-Assed" Problem of Getting to Wetin You Wan Go.

JR Token don talk am correct-correct: sober living na good thing, but e no be di only way to dey well. Many books wey dey talk about recovery see sober living as something you go achieve – "become sober, den your life go better." But person wey get serious addiction problem and finally become sober, e don reach one new place, e no dey finish journey: body don spoil, people around am don change, money don finish, work don stop, and di brain system wey dey give joy no dey work again to help am build up all dis things.

Di interventions wey dey recommend from dat point na plan carefully, based on how sober person fit cope — dia ability to do exercise, dem motivation, how comfortable dem be for social situations, and wetin dem expect to happen. Dem borrow dis plans from another person's experience, but apply am to dis person's own life. Di result na say 80% of people go relapse, and we dey blame am on di addiction itself, but e get reason wey pass dat – like how di plan no fit di people wey dem give am.

Wetin di person need no be sober people yoga. Na di version wey dey strong for pesin wey dey addicted, for each step of di process. Dis one go fit di pesin based on how damaged dem system don be, with clear timelines. Dem go use specific tools to fix di specific problem, and make sure say everybody know sey di first few weeks go feel like nothing dey happen, and dat na normal, no be because di person fail.

FROM THE MOUTHPIECE

Written from the soul of the persons who would have, if they could have.

A leta from di pipul wey try.

We don try di yoga.

We komot go di class. We put di mat down. We do di shapes. We dey breathe for di poses wey di teacher describe. We wait for di calm, di clarity, di sense of presence, and di feeling of wellbeing wey everybody talk say e go give us. But we feel: nothing. Just body wey dey move. Mind wey dey watch di body as e dey move. Di same silence dey where di good things suppose dey, but now na stretchy clothes cover am.

We try three times. Four times. Di teacher tell us make we dey patient, say di practice go grow. Wetin grow na how we realize say we different from everybody else for di room. Dem sigh with joy afta savasana. We dey look up to di ceiling, wonder if dis na wetin our life go be like. Empty effort for one room full of people wey get something we no get yet, and maybe never go get again.

No tell us say di yoga dey design for dem, no for us.

Nobody tok say: your dopamine system no fit produce di reward wey go make dis tin dey work on its own yet.
Nobody tok say: di study wey show sey dis one dey work don do for people wey get dia reward circuits intact.
Nobody tok say: for you, e fit take three months before di first session give you sometin wey feel like wetin dem feel afta one session. And dat no be failure. Na just calculation. Di starting point different. Di timeline different. Di experience different.

Nobody tok anything like dat. Dem dey tell people make dem continue komot. Like say go for place wey no get anytin na one kind spiritual tings. Like say di hard time na di main tin, but e be just mistake for di plan.

We try di meditation. Di twenty minutes wey we dey focus on breet. We go sit down, but our mind go dey think about di drug. About say e don finish. About how

e feel to take di drug. Twenty minutes of close contact wit exactly wetin we dey try avoid, and no get any tools wey fit make am easy. Di instruction dem dey for person wey no dey face dat kain problem.

We try di exercise. We force ourselves go gym for di first weeks, when our motivation don finish completely because of drugs, when di dopamine wey dey make us plan for future don disappear, and when our body feel strange and wrong. We still do am because di books say e go help. E help, but di help come too late for many people, and nobody tell us about dis delay. Dem just talk say exercise dey help. Dem no talk: "Exercise go be like hard work for six weeks before you see any result." Dem no talk: "Di system wey dey give reward..." Exercise na wetin your addiction don spoil, so di first six weeks go be hard work wey you go overcome.

We dey work wit instruments wey don spoil, and we dey try use dem to fix demself. But we no get any plan (Blueprint) say how things go be when instrument don spoil, while di repair dey go on.

Wat we need na pesin wey go tok:

Your own startin point difren from di person wey dem do di study on. Your timeline dey long pass. Di tins wey you go experience for di first weeks no go too plenty. Dis one no mean say you no fit change. Na just say you dey start from a place wey dey far, so di journey to get betta go take longer time, but e still possible.

Dis interventions dey work. Dem dey work slow for yu. Yoga eventually go give yu di same result wey e dey give sober people, but na three months, no be three weeks. Keep tryin even when you no feel anytin, because di time wey you no feel anytin na exactly di time wey person wey don spoil go stop, and na also di time wey person wey still strong dey just start to feel am.

An: dey get tools wey don create specifically for brains wey don damage, but we no dey give you dem, because di people wey design dis program dey treat your brain like one normal brain wey just need help with behavior, instead of treating am as a brain wey don damage and need special medicine and food to support am while di behavioral help dey work.

Giv us di tools. Tel us wetin dey bad, and wetin exactly fix am. No borrow advice from people wey no get same tin as us. Make di plan start from where we dey now, no from where we wan reach.

We fit don do am, if e dey possible. We dey beg you make you help us so dat we fit do am.

II. Intervention wey dey focus on strengts of person wey get addiction.

◆ Dis program dey same. But di way we do am, e diffrent. E diffrent well-well.

Intervenshon.	The Addict Virgin version (wet many program dey offer).	The Addicted-Person-Strength version (what the damaged system needs)
Yoga / movement praktis.	Comot kom ot. Di training go dey improve. After 8 wik, you go feel di benefit. Na gentle hatha yoga wey dey happen for group class. Savasana. Breathing. Dis class don design for pesin wey nervous system dia dey react to dis kain tins.	High-heat power yoga or vinyasa (room wey dey hot, between 60-90°F) specially for person wey system wey give reward no fit feel small tins. Di heavy exercise go break di barrier wey prevent feeling. No be for enjoyment — na for stimulation, so dat di damaged system fit detect am. Na trauma-sensitive format – no sudden changes, teacher wey sabi about substance recovery well-well. Start with 3-5 minutes and gradually increase. Tell di person clearly: "You fit no feel anything for 4-6 weeks. Dis na normal. Di fact say you no dey feel anytin show say your system don damage, but e no mean say di exercise no dey work. Keep coming for 6 weeks before you judge."
Meditasyon.	"Sit for 20 mins and focus on your breathing. If your mind dey wander, just come back to your breathing." Dis instruction assume say di person fit tolerate 20 mins of no-drug inner experience without feel overwhelmed by craving, shame, or di absence of di substance.	Dis activity go help di group feel safe and connect well-well. Sessions no suppose pass 2-5 minutes for di begining. Person wey dey recover from heavy addiction, and dey feel bad, no fit tolerate 20 minutes of just thinking about e own problem. Start with 2 minutes, and add 1 minute every week. After 18 weeks, you go reach 20 minutes — na dat time di brain go start to change for good. For di first 8 weeks, di main

		goal no be to feel better, but to get used to being sober. Na to learn how to stay present with your own mind. If you no fit sit down, try walking meditation: moving around dey help you focus betta when staying still dey too hard.
Aerobik eksa.	'30 minits of modaret aerobik aktiviti, 3-5 times per week.' Dis recommendation assume say person get di motivation to continue do sometin wey no give immediate benefit, di strength to do 30 minits of exercise afta weeks of body dey weak, and di ability to cope wit di uncomfortable feeling of exercise for body wey person no feel comfortable with.	10 minute na di minimum time wey di dose dey work well. No be 30 minutes, 10. Komot from di building, waka quick-quick for 10 minutes, den kom back. Di BDNF production curve show say meaningful production dey afta 10 minutes of moderate exercise. Di goal na to establish di daily 10-minute habit for weeks 1-4. Increase am to 20 minutes for weeks 4-8. Reach 30 minutes for weeks 8-12. Person wey no fit maintain di 30-minute program for week 1, dem give am wrong dose from di begining. Di correct starting dose for person wey system don dey weak well-well na 10 minutes daily waka for week 1.
Soshal recovery support/group.	Attend group meetins. Di komunity go support yu. Dis one dey for pesin wey fit tolerate di social interaction, di emotional tins wey oda people dey talk about, and how di group dey work, without gettin upset, without influence from oda people, and without feel shame because dem dey manage better tin wey oda people no fit do.	Individual practitioner first, den group. Di nervous system wey don dey weak well-well, di high social anxiety for early stage of recovery, trauma reactivity, and di risk say people go influence each other bad, all dis one show say na better make person get support one-on-one before join group. When dem introduce group: put different people together (people wey dey at different stages) betta pass put only people wey just start recovery for same group. Person wey don stay sober for 30 days for room full of oda people wey also don stay sober for 30 days, na im dey inside environment wey go influence am bad. Person wey don stay sober for

		30 days for room wit people wey don stay for 6 months, 2 years, and 5 years, e get chance see how dem do am so dat e fit learn from dem to help im own recovery.
Nutrition.	"Chop well-balanced foods wey get enough protein and vitamins." Dis advice assume say di body dey regulate hunger properly, say person get di mind to cook, and say dem get money to buy good food.	Nutritional rehabilitation as a clinical protocol: * Structured meal timing (dey eat by di clock, no by hunger, because di body no dey signal hunger well for early recovery stage). * Protein first at every meal (dopamine synthesis need tyrosine and phenylalanine – every meal must start with protein to provide wetin dem need). * Supplement delivery of specific nutrients wey appetite problems dey prevent people from getting enough through food alone (B vitamins, zinc, magnesium, essential fatty acids).

II.1 — Di True Way to Change Plans.

Di timelines wey dem use for recovery program don dey based on research, but dem create am for people wey just start dey take drug or dey take small amount. Di changes below show how di real timeline for serious addiction recovery look like when you apply di program to people wey don already deep inside di problem:

I no sabi translate timeline claim.	Population wey dem use to do di measurement.	Timeline wey don change for serious addiction problem.	Wat di adjustmen reflect.
Exercise fit improve your mood witin two weeks.	Adults wey dey feel stress, but no dey addikt, or pipol wey don start to recover from addiction small, and dem brain still dey work well.	Na 4-8 wik afta say you go start feel betta, and dis dey consistent. E fit take longer time if di problem na because of drugs wey affect	Di sistem wey dey give you joy from exercise need plenty of DRD2 receptors, but serious addiction fit reduce am. Di good tings dey happen

		dopamine.	for your body before you feel dem yourself.
Meditasyon dey reduce korstisol wey you fit measure afta 8 wik.	Adults wey dey under stress, but no dey addikt to anytin.	12-16 wik for di persin wey dey struggle with addiction, start wit small dosage (2-5 minutes for di begining, and gradually increase am). Di tin need to dey acceptable to person before e go fit help dem.	Di 8 weeks wey dey calculate, e assume say people don dey take full dosage from week 1. Di person wey get addiction go start wit small dosage, no be full dosage. How well di medicine work go depend on how quickly dem increase di dosage.
Fizikal aktiviti dey reduce di tins wey person dey crave for when dem dey recover.	Populations wey don dey sober for 30-90 days, and dem addiction no too serious.	True, but di effect dey small pass and e take time reach for serious addiction. Di way exercise go reduce cravings for di first 2-4 weeks fit nor be enough to overcome di cravings if you nor use medicine at di same time (like NAC, methylation stack, and preferably nootropic drugs wey go help brain function well so person fit control di craving).	Di way wey exercise dey reduce cravings, e need di prefrontal cortex to work on di small craving signal. Di power wey di prefrontal cortex need na exactly wetin serious addiction don spoil. Exercise plus nootropic wey go help di PFC, dem two together fit do di tin wey exercise alone suppose do.

III. Di Nootropic Stack for di Brain Wey Don Damage.

◆ Dis things no dey included, but dem suppose dey. Di way wey addiction affect di AMPA receptor na wetin racetams go correct. Dis no be just by chance.

Dis standard supplement combination wey dey for Recovery Kernel (NAC, 5-MTHF, methylcobalamin, magnesium glycinate, CoQ10, DHA, UMP, tyrosine) don address di metabolic tins and di materials wey body need to recover. E dey build di foundation. Di nootropic stack na different tin: e dey tackle di specific cognitive receptors wey addiction don spoil — mainly AMPA receptor function, NGF/BDNF signaling, and di way neurons work for brain wey support learning, memory, and how brain repair itself so dat person fit use di behavioral methods well-well.

Di reason why dem no include dis tins: standard medical evidence wey dey use for addiction recovery no include dis compounds because dem no be drugs wey get approval from FDA, and dem never do big studies about am for people wey dey with addiction. But di way dem work dey correct for dis kind people, and di safety record of well-known racetams (piracetam don dey use for many years, so we know say e safe) na good thing. Dis no be experimental tins wey dey outside. Dem na compounds wey people don research for more than 50 years, especially for people wey get problem with dia brain – like after head injury, stroke, or as dem old – and di way dem work fit help fix di damage wey addiction cause to di brain.

III.1 — Di Racetam Family — AMPA Potentiashon for di brain wey don damage by glutamate.

Addiction dey cause one special change for di ratio between AMPA and NMDA receptors wey dey inside nucleus accumbens and prefrontal cortex. Di AMPA receptors wey help with learning, memory, and motivation don spoil. Racetams na one kain substance wey go help AMPA receptors work better – dem make AMPA receptors react strong pass to glutamate, but dem no activate am directly. Dem target di way addiction dey affect things.

Compound	Dose.	Main way wey dey work.	Okay, I understand. Just paste the text you want translated into Nigerian Pidgin. I will follow all the rules strictly.
Piracetam – di orijinal, wey don do pass	800-4800mg dey take everyday,	AMPA positive allosteric modulation.	AMPA receptor wey no dey work well for nucleus accumbens and PFC, dis one

research.	divide am into 2-3 dose.	Improvement for membrane fluidity. Enhancement of cerebral blood flow. Protect neurons from oxidative stress. More dan 50 years of safety data.	na wetin dey happen because of chronic substance abuse, and na dat same tin piracetam go fix. Di improvement for membrane fluidity don help neurons whose membranes don spoil because of oxidative stress from stimulant use. Di increase for blood flow to di brain go support di recovery of areas wey don tight or dey under pressure because of stimulant use. You fit tink of am as daily racetam — small power, but e benefit plenty, and you suppose take am regularly.
Aniracetam – e be AMPA plus e dey reduce anxiety.	750-1500mg dey, and you go take am for two times every day (e be vitamin wey dissolve for fat, so take am wit food).	Dis ting dey modifay AMPA pass piracetam. E don modifay serotonin and dopamin too, tings wey dey work on D2 receptors and 5-HT2A. Dem don show say e fit reduce anxiety.	Dis dual effect wey dey boost AMPA and reduce anxiety na for di people wey dey recover from addiction: e go solve di problem of lack of joy and di worry wey dey dominate early stages of recovery. Di effects on 5-HT2A go make person feel betta, and dis fit help overcome di feeling of no enjoyment for di early weeks of recovery, when other things no dey work. Boosting AMPA directly address di problem of poor learning and lack of motivation, so dat behavioral treatments go seem more useful.
Phenylpiracetam – di stimulating racetam.	100-300mg, maksimum 2-3 times per week.	Piracetam wey get extra phenyl group, e dey add dopaminergic and noradrenergic effects. E go stimulat brain pass. E fit improve how body dey perform. E go make person fit tolerate cold well-well (dis important for cold water treatment).	Phenylpiracetam dey develop tolerance quick-quick. If you use am everyday, your body go get used to am fast, and e no go work again after 5-7 days. Use am maximum 2-3 times per week, only on di days wey you need strong brain power or exercise. For person wey dey recover from using stimulant drugs: Di dopaminergic effect of phenylpiracetam fit cause

			craving for people wey still dey recover. Wait at least 60 days before you start use am, and make sure your recovery don stable. Watch out if you dey feel di urge to use other things again.
Oxiracetam – di "racetam" wey dey help with memori and atention.	1200-2400mg dey take everyday, divide am into 2-3 dose.	Mainly AMPA potention, wey dey affect working memory and atension pass piracetam. E get small stimulant property. E also regulate acetylcholine.	Di problem wey be say person no fit remember tins well dey one of di toria tins wey fit make life hard for people wey get serious addiction — na im dey cause person to no fit follow plans, forget wetin dem learn for therapy, and no fit do complex tins wey go help dem recover. Oxiracetam dey specifically target dis problem of bad memory. Use am with CDP-choline so dat e go support di acetylcholine.

III.2 — Noopept — Di peptide wey dey help brain grow.

Noopept na wan substance wey dey help brain work betta. E fit improve memory, learnin', and focus. Some people use am to treat anxiety and depression too.	**Because e dey help people wey dey struggle wit addiction feel say dem no dey alone, and connect wit oda people. Dis one important because isolation fit make addiction worse.**
Noopept (N-phenylacetyl-L-prolylglycine ethyl ester) na one synthetic peptide wey dey help brain work better. E strong pass piracetam, almost 1000 times, if you weigh am. E fit enter di brain quick-quick and e get two different effects: 1. Quick AMPA and NMDA modulation — make your brain work well immediately, just like racetams. 2. Long-term NGF (Nerve Growth Factor) and BDNF increase — if you take noopept regularly, e go help your body produce more of di things wey dey repair brain cells and create new connections. Dem don see dis for people wey get	Damage wey long-term, serious addiction dey cause no different from di kind damage mild traumatic brain injury (TBI) go cause, when you look at how e affect person brain: small size for prefrontal cortex (PFC), problem with working memory, problem wit executive function, attention don spoil, processing speed slow. Di people wey dem study noopept for – people wey get stroke, TBI – na di same kind of people wey dey suffer from serious addiction and di damage wey e dey cause to dia brain. Di NGF (Nerve Growth Factor) wey dey increase na important: NGF help neurons wey use acetylcholine (di neurotransmitter) to survive and work

problem with dia brain after stroke or head injury. Dis kind of brain damage dey similar to wetin dey happen when person dey addicted to something. damage to di brain.	well. Dis kain neurons dey vulnerable to damage because of di problem wit glutamate for people wey dey addicted. Dose: 10-30mg dey okay for everyday use, but if you take am under tongue, e go start work quick-quick. You fit take am two times for one day. Na ting wey dissolve for fat, so try take am wit food. Di most important tin: make sure say you combine am wit somtin wey get choline (like CDP-choline or Alpha-GPC). Noopept dey increase di amount of acetylcholine wey brain need; if brain no get enough choline, e fit cause headache and make person feel tire for mind.

III.3 — Semax and Selank — Di Peptide Wey Dey Speed Up Tings.

Compound	Mekanism wey dey explain am, and di tins wey show say e true.	Application for addiction recovery.
Semax na sintetik pesin wey dey komot from ACTH.	Intranasal administration, e don enter brain quick-quick. Di main ways wey e dey work na: increase BDNF and NGF (direct, fast - within few hours afta you take am). E go increase dopaminergic and serotonergic activity. Dem don use dis for Russia kliniks to treat stroke and head injury, and dem don dey use am for over 30 years. Studies done on people show say e get antidepressant and anxiolytic effects.	Semax dey important for early recovery from addiction for two reasons: e go increase BDNF quick-quick (faster dan when you do exercise, and e don start work before person fit do di exercise wey go give same result). E also support dopamin, wey go help small to bridge di gap of no joy while D2 receptor dey recover. Dose na 300-1000mcg, take am inside nose, 1-2 times every day. Semax no dey sell for US (no FDA approval), but e legal to import as research chemical.
Selank - na sintetik peptide wey dey komot from tuftsin.	Intranasal. Wetin e do: E dey affect GABA-A (e go reduce anxiety but no dey bind to benzodiazepine receptor, so no go cause problem wey benzodiazepine cause like difficulty for breet or addiction). E alsò increase	Dis medicine dey help with anxiety but e no cause problem wey go make person stop breathing. Dis one important for people wey don do intubation and people wey don survive GHB overdose, because benzodiazepines no good for

	BDNF and stop enkephalin from breaking down (so e go increase opioid substances inside body without using outside opioids). E don show say e fit reduce anxiety well-well, and e go improve brain function instead of make person dey dull like benzodiazepine.	dem. Selank dey calm pesin without di bad side effects. E dey work on GABA-A system to calm the body, but e no affect GABA-B receptors (which very important for people wey dey recover from GHB). Dose na 250-500mcg, take am inside nose, 1-2 times every day.

III.4 — Di Sosin Wey Dey Give Kolin — Important Things Wey You Must Do.

Every racetam and noopept dey increase di amount of acetylcholine wey brain need. If choline no dey enough, di strong AMPA signal wey racetam dey give go cause problem: di more learning and memory wey you dey do go drain di acetylcholine fast pass as your body fit replace am. Di headache wey some pipol dey get when dem take racetams na because of dis lack. Di solution na always to add choline – e no optional, e important.

Choline dey inside plenty food, like: *** Egg** *** Meat** *** Fish** *** Milk** *** Beans** *** Soybeans** *** Nuts** *** Some fruits and vegetables**	**Wat e dey provide.**	**Wen to yuz am.**
CDP-Choline (Citicoline)	Di beta source of choline wey dey protect di brain pass all oda: e give choline for acetylcholine synthesis, plus uridine (for synaptic membrane synthesis), plus cytidine (weych convert to uridine inside di brain). E get three functions: e support acetylcholine, e support repair of membranes, and e support growth of dendritic spines, which na wetin racetams dey do.	250-500mg dey take everyday, alongside di racetam wey you dey take for morning. CDP-choline na di best tin to use as choline source for person wey dey recover, because di uridine and how e help build membrane dey very important for brain wey don suffer from addiction.

Alpha-GPC	Choline wey dey inside am don pass di amount wey dey for CDP-choline. E target acetylcholine production well-well (no too much cytidine or uridine). Choline go reach body quick quick.	300-600mg wit racetam dosage. Use am when you want focus on di cholinergic effects – like for attention, working memory, and to make your brain work better quickly. You fit combine am wit CDP-choline, but use small dose of both.

III.5 — Di Integratid Nootropik Protokol.

Di entia noutropic drugs no dey take all at once from di begining. Dem introduce dem gradually — because if you put many cognitive drugs for body at di same time, e go be hard to know wetin cause wetin, and because di brain wey don damage need time to get used to things before you fit see how well each new drug dey work.

Timeline	Wat to introdyus	Wat to obsava.	Why dis sequence?
Days 1-30 (Focus on di basics first).	Di metabolik kombinasyon wey dey: 5-MTHF, methylcobalamin, NAC, magnesium, DHA, CoQ10. No add any racetams for now.	Quality of sleep, how you dey feel from di beginin, and how strong your cravings be. Make sure say your body dey work well before you start to take anytin wey go affect your brain.	Racetams dey wok for receptors, but dem need metabolism wey go support di better signal. If you use racetams without puttin' proper methylation and antioxidants, na like buildin' top floor before buildin' ground floor.
Days 30-60 (Introductio n of Noopept).	noopept 10mg sublingual, for di mawnin, wit CDP-choline 250mg.	Any change for how you dey tink, your memory, or your mood. Any headache (dis mean say you need more choline). Do dis one alone for two weeks before add any other ting.	Noopept get di widest range of benefits for brain function (AMPA + NGF + BDNF), and e don affect body small-small. Start wit dis one go help person feel di good things wey dey happen to dia brain, without di strong effects wey fit cause problem when somebody dey still recover.
Days 60-90 (Addition of Piracetam).	Add piracetam 800mg to di dose wey you dey take for morning. Check	Wokin memori, how fast you dey tink, and your overall mental state. Dis na	Piracetam na di safest racetam, and dem don study am well-well. Add am afta two weeks wey you

	how e dey work for two weeks.	di background way AMPA dey help, and e go make di effect of noopept strong pass.	don dey use Noopept, so dat you fit see how e dey work better.
Days 90+ (Aniracetam, depend on di situation).	Replace aniracetam 750mg two times every day (wit food wey get fat) for di days wen anxiety dey hold you back from doing wetin you need to do, or from mingling wit people.	Level of anxiety, how comfortable pesin dey for group, and mood for di session. Aniracetam go help pass well if di anxiety dey stop person from do things wey important for recovery.	Aniracetam get special properties wey dey help with serotonin and reduce anxiety, especially for people wey dey struggle with anxiety during di early stages of recovery. But every person no need am — if anxiety no be di main problem, piracetam and noopept fit be enough.
90+ days, maksimum 2-3 times per week.	Phenylpiracetam, dose 100-200mg, only for days wey you dey need am strong. No take everyday.	Koginitiv enaji, motibeshon, fizik performans for dat dey. Check say cravings don increase (dis na sign wey tell you say make you stop use dis tin).	Di stimulatting effect wey phenylpiracetam get na di spesifik tin wey you fit use for days wey you need pass your normal level. Using am everyday go make your body get used to am. For people wey dey recover from using stimulants: use am with caution, and only if your recovery don stable well-well.

III.6 — Hydergine — Di Forgottin Brain Booster.

Hydergine (ergoloid mesylates) deserve special mention because e get important history for nootropics research, and e dey relevant to how we fit repair brain wey don damaged. Na di first compound wey FDA approve for cognitive enhancement (dey use am for dementia for 1970s). How e work: e improve blood flow to di brain, increase how much oxygen di brain dey use, protect neurons from damage wey hypoxia cause, and get effects like BDNF on protein synthesis for neuron.

Hypoxia protection dey very important for people wey don survive GHB overdose, and also for pipo wey don put inside ventilator. Repeated times of lack of oxygen (like when somebody don take too much drug before dem put am for ventilator, or when person dey on ventilator) go cause specific damage to brain cells because of lack of oxygen. Hydergine fit help fix dis kind damage.

Dosage: 4.5-9mg dey take everyday, divide am into small portions. If you dey take dis medicine for long time (months), na den you go see di effect on your brain well-well. Dis one no dey work quick-quick; di good things dey come gradually, after weeks or months of taking am regularly.

IV. Wetin Dis Protocol Dey Mean For Di Real Person Wey Go Use Am.

◆ Dis na for di pesin wey try yoga, no feel anytin, and kon tok say dem don spoil. Dem no spoil. Dem just dey use wrong settings.

Dis protocol don dey design for di place wey you dey start from now, no be di place wey books assume say you go dey. E more serious pass di normal advice, e no be small ting — because di problem wey you get deep pass, so di distance wey you need to travel before you fit reach di level wey normal treatment work for, na long, no be short. Di strengt of dis protocol show say di condition wey you dey in serious.

Fez.	Di intervention.	Di dosage wey person wey dey addict use, and how dem take am.	Wat una dey build.
Days 1-30	Metabolik foundation. No do yoga. No meditate. No join any social group. Make sure your body dey alright before you start dis kain tins.	5-MTHF + methylcobalamin. NAC 600mg two times for dey. Magnesium glycinate 400mg for evening. DHA 1000-2000mg. CoQ10 200mg. Protein for every meal. Water. Sleep architecture (sleep from one side, temperature, melatonin 0.3mg, darkness).	Di biochemikal foundation wey every behavioral intervention dey need. You no fit process di benefits of yoga if your reward system don get di necessary materials. Dis na di stage where dem dey supply di materials.
Days 7-30 (start from di middle of week 1).	10 minutes waka. No be exercise. No be workout. No be program. Just 10 minutes waka, everyday, for outside.	Komens di day wey you feel strong enough. Wak fast, but make e no be too hard for you. Komot kom. Dat dey am. Do am every day. Na from dis place BDNF start dey produce.	Di first BDNF signal wey start di process of D2 receptor density recovery and e don help di prefrontal cortex (PFC). Ten minutes of walking go produce di neuroplastic signal wey make every other thing wey you do after am work better.
Days 30-60	Noopept + CDP-choline intro. Dey walk for 15-20 mins. If you like, try	Noopept 10mg put under tongue for morning + CDP-choline 250mg. Di	Start di process wey dey fix how your brain dey tink, and dis go make everyting else work betta. Di way

	yoga – make sure na hot exercise, strong, and small group or one person only.	way e dey improve your brain power no go dey strong at first — na like say you don clear your head, not like drug. You fit see am afta two weeks or three weeks.	your brain cells dey komotunicate don improve, so you fit learn betta from exercise, remember tori well-well afta therapy, and use your frontal lobe for di recovery work.
Days 60-90	Piracetam dey help. Trek for 20-30 minits. Start meditation with 5 minits. Do yoga if you fit. Take cold shawa if you dey ready.	Piracetam 800mg, take am for di morning. Meditate for 5 mins afta you don finish your walk (e go increase BDNF, na dis time wey brain dey most ready to learn new things). Cold shower: start small, 30 seconds, den gradually increase di time.	Di nootropic support system don dey work. Di cold exposure dey add norepinephrine, and e dey maintain dopamine for di brain everyday. Di meditation dey help strengthen di frontal lobe (PFC) during di best time for brain development.
Days 90+.	Dis na di full plan: * Aniracetam for days wen you dey feel too much anxiety. * Phenylpiracetam, 2-3 times per week, on days wey you get plenty tins to do. * HIIT (High-Intensity Interval Training) go replace or add to your normal walking exercise. * Meditate for 20 minutes. * Full exercise program.	Di person wey don reach day 90 for dis protocol don do work wey go take addict virgin evidence base 12-18 months to produce. Dis quick progress na because of di nootropic support, di metabolic foundation, and di dosage wey dey suit people wey dey addicted.	Di full recovery system don dey work. Di behavioral treatments dey work now, because di neurological part wey make dem work don get build up first. Di yoga wey no show anytin for week 1, now dey give di result wey yoga suppose give — because di reward system don recover well-well to notice am.

IV.1 — Wetin To Tek Say To Yoself Wen E Feel Like Notin Dey Hapun.

Di mos important psychological tool wey person wey dey use dis method go need for di early weeks na: make dem sabi say e go feel like notin for a while. No be

forever. Na for one specific, predictable, and limited time, and dat time depend on how bad your condition dey before you start, and how strong di method wey you dey use.

THE HONEST EXPECTATION CARD

Week 1-4: Di exercise go feel like work wey no get benefit. Di supplements go feel like pills. Di sleep protocols go feel like chores. Dis na correct. Di system wey dey register dis tins as good for you na di same system wey dey get fix. You no go feel di fixing while e dey happen, just like how you no go feel bone dey heal.

Week 4-8: Somtin dey change. No be big change, but na small change wey make person feel better. Exercise wey before seem like waste time, now no dey feel so bad again. Di noopept fit give you di first clear thinking wey you don get since you stop take dat tin. Sleep start to feel like real rest.

Week 8-12: Di system wey dey give you joy don start dey work. Di 10 minutes walk wey you dey do every day, e start to feel small-small like something wey you choose, instead of something wey you force yourself to do. Dis na because di DRD2 receptor density don start to recover. Na dis time wey dem dey talk about when dem say '8 weeks of exercise.' You don reach dat point. E take longer for you. You dey start from different place.

Month 3-6: Di protocol don turn to sometin different from just hard work. Di daily walk na just daily walk. Noopept dey help brain well-well. Meditation bring true peace, no be just wey you dey endure. Yoga class dey produce sometin. Maybe no di same tin wey e dey produce for person wey sober dey do am beside you. But na sometin real. Sometin wey belong to you.

Di person wey stop for week 2 because dem no feel anytin, e no be say e weak. Dem no give am di correct information. Dem give am timeline wey dey apply to people wey never been addict before, but e own situation different. Dis card na di correct prediction. You fit kontinue if you no feel anytin. Na dat time exactly wey you suppose kontinue.

Recovery Kernel | Di Problem of Addiction Wey Be Like Virginity | Important Ways to Do Tings

Roots and Reversal | Di Komprehensiv List | DNA Firs | Tiri Secret Rule.

Crisis: 988 | SAMHSA: 1-800-662-4357

You no dey bad. You dey start from anoda place. Time wey you dey use na different. Di place wey you go reach, e dey exist.